

# MENU JANUARY AND FEBRUARY 2012

Monday	Tuesday	Wednesday	Thursday	Friday
23 Salad/Fruit Arroz con pollo 100% Juice/Milk	24 Salad/Fruit Beef Stew 100% Juice/Milk	25 Salad/Fruit Lasagne 100% Juice/Milk	26 Salad/Fruit Fish, vegetables rice and beans 100% Juice/Milk	27 Salad/Fruit Pizza 100% Juice/Milk
30 Salad/Fruit Scalloped Potatoes with Ham and Peas 100% Juice/Milk	31 Salad/Fruit Chicken Divan 100% Juice/Milk	1 Salad/Fruit Olla de Carne 100% Juice/Milk	2 Salad/Fruit Arroz con Atún y plátanos 100% Juice/Milk	3 Salad/Fruit Burritos 100% Juice/Milk
6 Salad/Fruit Spaguetti with Meat Balls 100% Juice/Milk	7 Salad/Fruit Baked Chicken, barbacue sauce 100% Juice/Milk	8 Salad/Fruit Picadillo de carne, vainicas y zanahoria 100% Juice/Milk	9 Salad/Fruit Fish Sticks , rice , beans and vegetables 100% Juice/Milk	10 Salad/Fruit Hamburger 100% Juice/Milk
13 Salad/Fruit Pasta Alfredo with Petite-Pois 100% Juice/Milk	14 Salad/Fruit Sweet and Sour Chicken 100% Juice/Milk	15 Salad/Fruit Meat Patties with melted cheese, vegetables , rice and beans. 100% Juice/Milk	16 Salad/Fruit Fish, vegetables, rice and beans 100% Juice/Milk	17 Salad/Fruit Super Meat Nachos 100% Juice/Milk
20 Salad/Fruit Arroz con Carne y plátanos 100% Juice/Milk	21 Salad/Fruit Baked Chicken Leg's, rice and beans 100% Juice/Milk	22 Salad/Fruit Chifrijo con posta de cerdo y pico de maíz 100% Juice/Milk	23 Salad/Fruit Tuna Macaroni Casserole, vegetables with garlic bread 100% Juice/Milk	24 Salad/Fruit Sloppy Joe's 100% Juice/Milk
27 Salad/Fruit Baked Ziti 100% Juice/Milk	28 Salad/Fruit Baked Chicken 100% Juice/Milk	29 No classes		

The lunch Menus include daily variety of fresh fruit and, vegetables, beans, rice, salad and a main dish which includes the recommended serving of protein. Also drink and ice cream for dessert. MBS is dedicated to improving the food served to our students to promote current and Long-term health.